



FOOTWORK & BASIC MOVEMENTS

BASIC MOVEMENTS

1. Slide forward
2. Slide backward
3. Switch stance
4. Slide forward
5. Slide backward
6. Switch stance
7. Step forward
8. Step backward
9. Switch stance
10. Step forward
11. Step backward
12. Switch stance
13. Side step
14. Side step back
15. Switch stance
16. Side step
17. Side step back
18. Switch stance
19. Backspin forward
20. Backspin rear
21. Switch stance
22. Backspin forward
23. Backspin rear
24. Switch stance

FOOTWORK

1. Switch stance, switch stance
2. Switch stance, front leg fake
3. Switch stance, charging fake
4. Switch stance, step forward
5. Switch stance, backspin
6. Switch stance, backspin, switch stance
7. Switch stance, backspin, step forward
8. Slide forward
9. Slide forward, step forward
10. Slide backward, step backward
11. Slide backward, switch stance
12. Slide backward, back leg roundhouse fake to switch stance
13. Mirroring Practice (forward, back, side to side)
14. Step forward, bounce
15. Step forward, open angle side track
16. Step forward, switch stance
17. Step forward, step forward, step back + front leg roundhouse
18. Step forward, backspin
19. Step forward, backspin, slide forward
20. Step forward, backspin, switch stance
21. Step backward, switch stance
22. Step backward, closed angle side track
23. Step backward, open angle side track
24. Step backward, front leg roundhouse
25. Back leg push
26. Back leg, knee up fake
27. Front leg push
28. Front leg, knee up fake
29. Front leg, bent knee fake
30. Fighting stance, knee-up bouncing
31. Fighting stance, knee-up bounce, front leg roundhouse
32. Fighting stance, shoulder fake
33. Fighting stance, charging fake

PADDLE DRILLS (stationary)

1. Roundhouse kick (back leg)
2. Roundhouse kick (back leg) + switch stance, roundhouse kick (back leg)
3. Roundhouse kick (front leg)
4. Roundhouse kick (slide back)
5. Stepping Roundhouse kick (fastkick)
6. Roundhouse kick + back side or back hook kick
7. 360 roundhouse kick
8. Roundhouse kick (back leg) + step back, same-back side or back hook kick
9. Double Roundhouse kick (leg switch)
10. Low-high Roundhouse kick
11. Hook kick (back leg)
12. Hook kick (front leg)
13. Axe kick (front leg)
14. Axe kick (sliding, front leg)
15. Axe kick (back leg)
16. Axe kick + back side or hook kick

PADDLE / KICKING SHIELD (or held, folded hogu) (moving down the floor)

1. Roundhouse kick (fastkick) + roundhouse kick (back leg)
2. Roundhouse kick (fastkick, double kick)
3. Roundhouse kick (back leg, double kick)
4. Roundhouse kick (back leg) + switch foot, roundhouse kick (front leg)
5. Roundhouse kick (fastkick) + Roundhouse kick (fast kick)
6. Roundhouse kick (fastkick) + switch stance, roundhouse kick (back leg)
7. Backspin Feint + slide backward, roundhouse kick (back leg)
8. Back side kick (holder counters roundhouse kick) + side step, roundhouse kick (back leg)
9. Sliding push kick (front leg) (holder counters roundhouse kick) + back side kick

HOGU CONTACT DRILLS

1. Roundhouse kick
2. Roundhouse kick (front leg) repetitions
3. [Attack] Roundhouse kick (back leg) - [Counter] step back, roundhouse kick (back leg)
4. [Attack] Roundhouse kick (back leg) - [Counter] back side kick
5. [Attack] Roundhouse kick (back leg) - [Counter] step back, outside swing axe
6. [Attack] Roundhouse kick (back leg) - [Counter] step back, push kick (back leg) + roundhouse kick (back leg)
7. [Attack] Roundhouse kick (front leg) - [Counter] step back, roundhouse kick (back leg)
8. [Attack] Roundhouse kick (fast kick) - [Counter] downward midsection block + roundhouse kick (fast kick)
9. [Attack] Roundhouse kick (fast kick) - [Counter] back side kick
10. [Attack] Step forward feign - [Counter] back side kick - [Attack] roundhouse (back leg)

11. [Attack] back side kick - roundhouse kick counter + side step roundhouse kick
12. Push kick (back leg), step back side kick
13. [Attack] Step forward feign, step back (opponent counter roundhouse) + [Attack] roundhouse kick (back leg)
14. [Attack] 360 roundhouse kick - [Counter] back side kick
15. [Attack] 360 roundhouse kick - [Counter] roundhouse kick (back leg)
16. [Attack] Roundhouse kick [back leg] - [Counter] Hook kick (front leg)